



## Country Range Dried Mint (4x180g)

### Additional Information

|                     |  |
|---------------------|--|
| Product Code        | 762004   |
| Product Description | This dried mint is popular in Middle Eastern recipes and North African dishes. It is a sweet herb and is packed in to 180g jars. Often paired with fresh mint to intensify flavour. Use in pesto or chutney. Add to casseroles, curries or stews. Use as a rub. Pairs well with lamb |
| Height (mm)         | 198.0000   |
| Length (mm)         | 170.0000   |
| Width (mm)          | 172.0000   |
| Outer EAN 1         | 5023616463903  |
| Storage Type        | Ambient  |
| Brand               | Country Range  |

### Ingredients

|             |      |
|-------------|------|
| Ingredients | Mint |
|-------------|------|

### Dietary Information

|                                |     |
|--------------------------------|-----|
| Approved for a Halal Diet      | No  |
| Approved for a Kosher Diet     | No  |
| Suitable for Coeliacs          | Yes |
| Suitable for Lactose-Free Diet | Yes |
| Suitable for a Vegan Diet      | Yes |
| Suitable for a Vegetarian Diet | Yes |

## Allergens

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|           |    |
|-----------|----|
| Celery    | No |
| Gluten    | No |
| Crustacea | No |
| Egg       | No |
| Fish      | No |
| Lupin     | No |
| Milk      | No |
| Molluscs  | No |
| Mustard   | No |
| Nuts      | No |
| Peanuts   | No |
| Sesame    | No |
| SOYA      | No |
| Sulphites | No |

## Nutritional Information

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|   |          |
|---|----------|
| Carbohydrate Per 100g (g)                 | 22.2 g   |
| Carbohydrate of which Sugars per 100g (g) | 0 g      |
| Fat per 100g (g)                          | 6 g      |
| Fat of which Saturates per 100g (g)       | 1.6 g    |
| Fibre per 100g                            | 29.8 g   |
| Energy per 100g (kcal)                    | 283 kcal |
| Energy per 100g (kJ)                      | 1184 kJ  |
| Protein per 100g (g)                      | 19.9 g   |
| Salt per 100g (g)                         | 0.9 g    |

### Disclaimer:

While we endeavour to ensure the accuracy of all product, pricing and nutritional data at all times, and that information is provided in good faith, we are not the manufacturers of these products and any such information we provide is therefore reliant on the accuracy and completeness of information provided to us by our suppliers.

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